## The Seven Practices of a Mindful Eater

- 1. Honor the food.
- 2. Engage all six senses.
- 3. Serve in modest portions.
- 4. Savor small bites, and chew thoroughly.
- 5. Eat slowly to avoid overeating.
- 6. Don't skip meals.
- 7. Eat a plant-based diet, for your health and for the planet.

